

SOUTH AFRICAN JOURNAL OF SPORTS MEDICINE

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Original research articles of 3 000 words or less (excluding references and tables), with up to 6 tables or figures, should normally report observations or research of relevance to sports medicine and exercise science in South Africa. References should be limited to 20.

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1. The page set-up should be as follows: 2.54 cm margins, 1.5 line spacing, Times Roman 12 Font.
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References should be inserted in the text as superior numbers, with the first reference being #1 and the next reference #2 etc. The references should be listed at the end of the article in numerical order (i.e. in order of appearance). Authors are responsible for verification of references from the original sources.

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Journal references should appear thus:

1. Reilly T, Edwards B. Altered sleep-wake cycles and physical performance in athletes. *Physiol Behav* 2007;90(2):274-284.
2. Lane KN, Wenger HA. Effect of selected recovery conditions on performance of repeated bouts of intermittent cycling separated by 24 hours. *J Strength Cond Res* 2004;18(4):855-860.

3. Borg G. Perceived exertion as an indicator of somatic stress. *Scand J Rehabil Med* 1970;2(2):92-98.

Book references should be set out as follows:

1. Jeffcoate N. Principles of gynaecology. 4th ed. London: Butterworth; 1975. p. 96-101.
2. Weinstein L, Swartz MN. Pathogenic properties of invading microorganisms. In: Sodeman WA jun, Sodeman WA, eds. Pathologic physiology: mechanisms of disease. Philadelphia: WB Saunders; 1974. p. 457-472.

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